

When You're Pregnant,  
Your Baby Drinks What You Drink.



Have a  
Be an **healthy** baby.  
**alcohol-free**  
mother-to-be.



**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

## Even beer and wine can hurt your unborn child.

**W**hen you drink a glass of beer, wine, or a wine cooler, it goes into your bloodstream and passes to your baby. And your baby gets just as much alcohol as when you have a mixed drink with hard liquor.

The best time to stop drinking is when you decide to get pregnant. If you're already pregnant and stop now, you can still help your baby.

It's the same risk for every pregnant woman. Every drink is one too many.

**For information call SAMHSA's FASD  
Center for Excellence Information  
Resource Center: (866) STOP-FAS.**